

Maria Early Learning Center (week 1)

Type	Component	Minimum Serving			Date: 9/26/16	Date: 9/27/16	Date: 9/28/16	Date: 9/29/16	Date: 9/30/16
Breakfast		1&2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
	Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Roasted Strawberries	Grapefruit	Tropical Fruit	Mandarin Oranges
	Grains/Breads/Dry Cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	English Muffins	Cereal Mix	Pancakes	Whole Grain Corn Bread with Butter	Homemade Banana Muffins
Lunch	Meat/Meat Alternative	1 oz.	1 1/2 oz.	2 oz.	1/2 Breaded turkey patty with cheese on a whole wheat bun	Spaghetti with Ground Beef	Sloppy Pizza Joe with cheese on a sub bun w/ ground chicken	Chicken Nuggets	Bean and Cheese Burrito
	Grains/Breads/Pasts/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup				Rice	
	Fruit	1/4 cup total	1/2 cup total	3/4 cup total	Applesauce	Peaches	Pears	Mixed Fruit	Fresh Fruit
	Vegetable				Carrots	Broccoli	Lima Beans	Fresh Vegetable	Green Beans
	Milk/Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
Snack (Select 2)	Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk (Whole=12-24 mo.) Milk (Low fat=24 mo.& up)	Milk (Whole, 18 mo. & under)	Milk (Whole=12-24 mo.) Milk (Low fat=24 mo.& up)	Milk (Whole, 18 mo. & under)	Milk (Whole=12-24 mo.) Milk (Low fat=24 mo.& up)
	Juice, Fruit, or vegetable	1/2 cup	1/2 cup	3/4 cup		100% Fruit Juice (18 mo.&up)		100% Fruit Juice (18 mo.&up)	
	Grains/Breads/Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Wheat Ritz Crackers		Nutrigrain Bars	Wheat Thins	Snack Mix
	Meat/ Meat Alternative	1/2 oz.	1/2 oz.	1 oz.		String Cheese			